DOCUMENT RESUME

ED 420 450 PS 026 667

AUTHOR	David, Judy
TITLE	The First Three Years: A Guide to Selected Videos for Parents and Professionals.
INSTITUTION	Families and Work Inst., New York, NY.; KIDSNET, Washington, DC.
SPONS AGENCY	Commonwealth Fund, New York, NY.
PUB DATE	1998-00-00
NOTE	65p.
AVAILABLE FROM	Commonwealth Fund, One East 75 St., New York, NY 10021-2692; phone: 888-777-2744; 212-606-3840 (Single copy, free of charge); World Wide Web: http://www.cmwf.org (full text of guide).
PUB TYPE	Information Analyses (070)
EDRS PRICE	EDRS Price MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS	Child Caregivers; *Child Development; *Child Rearing; Discipline; Family Environment; Nutrition; *Parenting Skills; *Videotape Recordings
IDENTIFIERS	Child Safety

ABSTRACT

To promote healthy child development, parents and other caregivers need a variety of supportive resources. In order to assist parents and professionals, a coalition of organizations conducted an independent, comprehensive review of the child development video market and produced a list of selected titles for professionals and parents of young children. The resulting guide presents review information for more than 50 videos in a variety of areas. The reviews are divided into the following areas: (1) Child Development--understanding and encouraging healthy development, newborn care, early relationships, and communication, learning, and play; (2) Health and Safety--immunizations and medical care, home safety and first aid, and feeding and nutrition; and (3) Parenting and Family--adjusting to parenthood, discipline and coping, relationships with siblings, and child care providers. Each entry includes a description, critique, and summary of salient points, including ordering information. The guide concludes with an explanation of research methods and a chart of key points for viewers. (HTH)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED 420 450

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)
X This document has been reproduced as received from the person or organization originating it.
☐ Minor changes have been made to improve reproduction quality.
• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

The First Three Years

A Guide to Selected Videos For Parents and Professionals

Developed by Families and Work Institute
Judy David, Ed.D., Principal Reviewer
Researched by KIDSNET
Produced with support
from The Commonwealth Fund

PS 026667

PERMISSION TO REPRODUCE AND DISSEMINATE THIS MATERIAL IN MICROFICHE ONLY HAS BEEN GRANTED BY
Robin Hardman
TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)
2B

The First Three Years

A Guide to Selected Videos For Parents and Professionals

Developed by Families and Work Institute
Judy David, Ed.D., Principal Reviewer

Researched by KIDSNET

Produced with support from The Commonwealth Fund

The First Three Years: A Guide to Selected Videos for Parents and Professionals

Copyright © 1998 Families and Work Institute and The Commonwealth Fund

Graphic design by Nik Elevitch

This guide was researched and developed by the Families and Work Institute and KIDSNET, with support from The Commonwealth Fund. Judy David, Ed.D. was the principal reviewer of the videos for the Families and Work Institute.

Additional single copies of the video guide are available free of charge from The Commonwealth Fund at 1-888-777-2744 or 212-606-3840. The full text of the guide is also available online at http://www.cmwf.org.

Families and Work Institute
330 Seventh Avenue
New York, NY 10001
Telephone: 212-465-2044
Website: http://www.familiesandwork.org

KIDSNET
6856 Eastern Avenue, NW, Suite 208
Washington, DC 20008
Telephone: 202-291-1400
E-mail: kidsnet@aol.com

The Commonwealth Fund
One East 75 Street
New York, NY 10021-2692
Telephone: 212-535-0400
Website: http://www.cmwf.org

Table of Contents

A Note to the Reader *1*

VIDEO REVIEWS

1. Child Development *3*

Understanding and encouraging healthy development *5*

Newborn care *14*

Early relationships *18*

Communication, learning, and play *22*

2. Health and Safety *31*

Immunizations and medical care *33*

Home safety and first aid *37*

Feeding and nutrition *39*

3. Parenting and Family *43*

Adjusting to parenthood *45*

Discipline and coping *47*

Relationships with siblings *52*

Child care providers *54*

Research Methods *55*

Key Points for Viewers *61*

A Note to the Reader

Current research indicates that a child's environment and experiences in the first three years of life directly affect how the brain learns, adapts, and stores new information. We have always been able to observe the dramatic physical changes that take place over these years: the infant is transformed into a toddler who can walk, talk, and even contest us. Now, new information on the brain development of young children has led to an understanding of the less visible effects these changes create.

At birth, the brain is only a quarter of its adult weight. More important, it is still being formed. Experiences with parents and other important caregivers influence not only a child's moods and feelings—they actually shape brain structure, setting in place a foundation for the way a child will think, feel, learn, and relate to others for years to come. Healthy child development is dependent on interactions with adults who care about the child, are capable of reading behavioral cues and understanding developmental stages, and respond with sensitivity and respect.

To promote healthy development, parents and other caregivers need a variety of supportive resources. Books and printed materials are widely available, but videos that can be watched at home have not been easily accessible. Even parent educators and other professionals have sometimes found it difficult to identify high-quality videos that fit the needs of the parents they serve. Recognizing this gap, a coalition of organizations decided to conduct an independent, comprehensive review of the children's video market and produce a list of selected titles for parents of young children and professionals. The Commonwealth Fund, a private foundation supporting independent research on health and social issues, provided funding for the review as part of its Healthy Steps for Young Children Program. The Families and Work Institute, which conducts research on changing families and changing workplaces, and KIDSNET, a computerized clearinghouse for children's media, organized and conducted the review.

The goal of the project was to identify high-quality videos on child development and parenting during the child's first three years of life. The researchers evaluated materials that could be watched by parents alone, with parent educators, and with toddlers. *The First Three Years* is targeted toward a general audience of parents and professionals working with children, and thus excludes videos focusing on children with special needs or medical conditions.

Following a nationwide search, the researchers evaluated more than 350 videos, eventually selecting more than 50 to critique and summarize in this guide. (For more information on research methods and findings, see *Research Methods*, page 55.) The videos cover a wide range of topics, including health issues, early child development, and parenting. In the videos, families and caregivers speak about what they have learned and their own solutions to child-rearing issues.

Finally, parents should remember that the list of selected videos is intended as a reference only and is not a substitute for professional medical judgment. Please check with your health care provider for the most recent information regarding appropriate care of infants and toddlers. Professionals should be aware that each distributor of videos has individual requirements for public viewing of its products. Please check with the distributor regarding your intended use.

We hope that parents, caregivers, and other support professionals will find these video resources enlightening, reassuring, and empowering.

Ellen Galinsky
Families and Work Institute

Karen Jaffe
KIDSNET

Kathryn Taaffe McLearn
The Commonwealth Fund

April 1998

I

Child Development

A Baby's World

In this three-part series produced in Britain, each video focuses on a particular human characteristic and traces its development over the first three years of life. Informed by scientific research on the brain and early cognition, the series explores the growing competencies—walking, talking, thinking—that make a child human.

In *A Whole New World*, sensory motor development from birth to 1 year is described. Babies are shown learning to crawl, walk, and climb stairs. *The Language of Being*, focusing on the period from 1 to 2 years, shows how children learn hand-eye coordination and become tool users (illustrated by scenes of toddlers brushing their teeth, getting dressed, drawing). Language acquisition is also described, studying both innate and environmental factors. The last program, *Reason and Relationships*, examines the development of thinking, including concepts of cause and effect and classification, in 2–3 year olds. How babies relate to people, form attachments, and develop a sense of self are also covered.

Critique

- The world as experienced by a young child is portrayed in this series. Many scenes are close-ups of an infant or toddler, giving the viewer a sense of perceiving through the child's eyes and ears. The glee of a baby's first steps is captured, as is the methodical strategy a child uses to retrieve an out-of-reach toy.
- The program content is interesting and engaging. Respect for the child's competencies and learning is conveyed.
- The narration is grounded in current child development theory and brain research. The research is referred to in an easy-to-understand way. No experts are quoted or appear in the videos.
- British children and parents are featured in this series. For American viewers, some of the language and scenes may be somewhat unfamiliar.
- The series is narrated by an American actress, Mariette Hartley. She provides commentary at appropriate moments, but often only the sounds of babies are heard.
- The program does not offer practical advice and provides little assistance to parents who want to learn the basics of infant care or toddler discipline.

Summary

Age group: infants; toddlers
Audience: home viewers
Supplemental materials: none
Language: English
Length: 60 minutes each
Producer: David Hickman (© 1994)
To order: 800-538-0044. Price: $19.95 separately ($3.95 S/H); $49.95 series

Child Development: The First Two Years

This video, produced mainly in a home-like studio with mothers and children, provides information on child development from birth to 2 years and the role parents play in promoting a child's development. General aspects of physical, social, emotional, language, and cognitive development are highlighted, along with specific child-rearing tasks (such as feeding and toilet training).

The video describes physical growth and sensory development from birth to 3 months, with an emphasis on feeding (and especially breastfeeding), touching, bonding, speech, and other stimulation. Advances during the next two periods—3-6 months and 6-12 months—are explored, including growing responsiveness to familiar people, mobility, sociability, independence, and language. The program concludes by showing the toddler exploring the world in new ways after 12 months, with symbolic thought and an explosion of language evident around age 2. Parents are urged to use everyday activities as learning experiences for the baby and, above all, to give time, attention, and love.

Critique

- Parents are urged to take the child's perspective and see the world as full of opportunities for learning. Extended scenes of a baby feeding herself, her face and hair smeared with food, or of toddlers pulling up house plants or unrolling toilet paper make the point that children are not "out to get you" but are growing and developing.
- Throughout the program, parent-child interactions are loving, gentle, and sensitive.
- For each age period, some information is given about routine care. The most complete information is on the introduction of solid foods, including how to read labels on food products.
- The program presents a comprehensive overview of development in the first two years. Descriptions of cognitive development are grounded in theory (Piaget's stages) but are presented in an understandable, jargon-free fashion.
- The anonymous narrator speaks quickly. There are few visual aids, such as lists or summary points, to help the viewer remember the points being made.
- Neither fathers nor a diverse population of young children are featured in the program.

Summary

Age group: infants; toddlers
Audience: home viewers
Supplemental materials: none
Language: English
Length: 47 minutes
Producer: Special Interest Productions (© 1993)
To order: 212-674-5550. Price: $19.98 ($3.95 S/H)

The First Years Last Forever

This half-hour video shares the latest information on brain research with parents—namely that 90 percent of brain growth occurs between birth and age 3—and translates these findings into meaningful advice. As producer, director, and narrator Rob Reiner explains, "the opportunities start earlier than you think."

In beautifully filmed and compelling vignettes, the program discusses how parents can enhance brain growth through everyday interactions with their children. Seven aspects of parental involvement are discussed: bonding and attachment, communication, health and nutrition, discipline, self-esteem, child care, and, in a final section for parents themselves, self-awareness.

Featured experts include pediatrician T. Berry Brazelton, neurobiologist Bruce Perry, early childhood educator Barbara Bowman, and former U.S. Surgeon General C. Everett Koop. Each segment begins with current theory and ends with practical tips for parents.

Critique

- The video packs a great deal of valuable information—theoretical as well as practical—into 30 minutes.
- The information provided is "clean": the text is jargon-free, the narration is nonjudgmental, and the experts speak in a warm and reassuring way.
- Rob Reiner, a parent himself, has a natural style that makes this tape very parent-friendly.
- An important but often overlooked concept—"parental attunement"—is powerfully presented. Parents are encouraged to observe their child's behavior and respond appropriately.
- Practical tips and suggestions are easy to implement. No special toys or expensive products are necessary.
- Many diverse families are shown. Non-sexist images, such as a female pediatrician, are presented.

Summary

Age group: infants; toddlers
Audience: home viewers; parent educators
Supplemental materials: parent brochure, "The First Years Last Forever"; website, www.iamyourchild.org; CD-ROM, "I Am Your Child"
Language: English; Spanish
Length: 27 minutes
Producer: The Reiner Foundation, with funding from Johnson & Johnson (© 1997)
To order: 888-447-3400. Price: free of charge

Flexible, Fearful, or Feisty: The Different Temperaments of Infants and Toddlers

Dr. Alicia Lieberman, a developmental psychologist and this video's narrator, explains that children behave differently from one another beginning at birth, in part because of temperamental differences. She describes temperamental traits that have been identified by researchers, including activity level, mood, and intensity.

Showing infants and toddlers of different ethnicities in child care settings, the program illustrates three temperament types: flexible, fearful, and feisty. Flexible children (about 40% of children) display regular feeding and sleeping patterns, adapt quickly, and maintain positive moods; fearful children (about 15%) take longer to warm up and withdraw easily; and feisty children (about 10%) are more difficult, fussy, active, and intense and can be irregular in their routines and moody. (About 35% of children are mixed temperament types). Lieberman and a group of child care providers also discuss the impact of temperamental differences in group care situations.

Critique

- This program integrates current research findings and practical advice. The information is valuable and presented in a clear, understandable way.
- The narrative and visual sequences reinforce the message that children are individuals with different temperaments and behavior.
- Useful advice is given about how to interact with children with different traits and how to provide a supportive environment.
- Stereotypes are avoided. For example, a girl is presented as a feisty child, and a boy is shown as a fearful child.
- The video, developed as part of a training series for child care workers, is set in child care facilities, not family homes. Providers, not parents, are featured, but the information is relevant for parents.

Summary

Age group: infants; toddlers
Audience: parent educators
Supplemental materials: video magazine; curriculum guide; training manual
Language: English; Spanish; Chinese; closed captioned
Length: 29 minutes
Producer: California Department of Education, Bureau of Publications (© 1990)
To order: 916-323-1343. Price: $65.00

Smart Start: Look Who's Talking

In this set of four videos, each focusing on an age group from birth to 5 years, parents discuss issues at each stage of child development and talk about approaches that have worked well for them. Made in a documentary style, parents and children are featured at home, on playgrounds, in stores, and in child care facilities. The families represent a cross-section of ethnic and socioeconomic groups.

In the first program, *0–11 Months*, parents describe the different cries of their babies and their own reactions, ranging from frustration to comforting. Advice is given about the importance of touch, child-proofing the house, and immunization. In the next program, *11–23 Months*, young toddlers are shown exploring their world, and parents discuss how to set limits, handle tantrums, and learn patience. In the third program, *2–3 Years*, parents discuss how to discipline, toilet train, and help their toddlers become independent. They acknowledge how hard it is to have time for themselves. Finally, *4–5 Years* covers the period after toddlerhood.

Critique

- This series focuses exclusively on parents and children, casting parents as the experts. The parents are open and honest, revealing their vulnerabilities, concerns, and strengths.
- Children are shown behaving in very typical ways—squabbling over a toy, pulling things off a shelf. Parents are shown hugging them, feeding them, giving them baths, and disciplining them. These "live" scenes contribute a sense of authenticity.
- Different parents present different ideas, emphasizing that all children are individuals.
- Developmental information is presented in each video, usually from the child's perspective. (For example, a toddler explains, "Even though I fight them, I still need naps.") Unfortunately, this information is sometimes passed over too quickly.
- In some scenes, the voice-over is an adult pretending to speak in a child's voice. Some viewers may find this device annoying.
- Although these videos were developed for local use, a "generic" version is being created.

Summary

Age group: infants; toddlers
Audience: parent educators
Supplemental materials: child development skill sheets
Language: English; Spanish
Length: 13–17 minutes each
Producer: Mecklenburg Partnership for Children (© 1996)
To order: 704-375-9944. Price: $25.00 ($2.00 S/H)

Ten Things Every Child Needs

Drawing on up-to-date research about rapid brain development in children ages 3 and under, this program outlines ten elements that enhance brain growth in the very young: interaction, loving touches, stable relationships, a safe, healthy environment, self-esteem, quality child care, communication, play, music, and reading. Parents are encouraged to recognize their infants' ability to respond to their environment, as evidenced by a newborn who imitates the gestures of well-known pediatrician T. Berry Brazelton.

Many other child development experts are featured, including neurobiologist Bruce Perry, Harvard professor Felton Earls, and educator Barbara Bowman. Actor Tim Reid narrates the video and reminds parents that these years are the "chance of a lifetime." Brazelton claims that we now know so much about infant development that "we don't need new knowledge. We need new dedication."

Critique

- This video does a good job explaining current theory of infant and toddler brain growth. A neurobiologist explains that the brain needs certain experiences to grow, and that these experiences are formative early in a child's life.
- Fascinating case histories are presented, notably the fate of children living in Romanian orphanages. Documentary tapes from the 1940s are also shown.
- Enrichment programs for children are shown in settings ranging from public housing projects to museums. A diverse sampling of parents and children participate.
- In an unusual twist for a parenting video, an elderly adult talks about his 87-year-old brain. Business leader and philanthropist Irving Harris, chairman of The Harris Foundation, describes his mother's efforts to foster his development well before anyone knew much about brain functioning.
- An array of complementary material relating to the health and well-being of infants and toddlers is presented. The dangers of lead poisoning are discussed, with tips on prevention. However, the video does not mention of the need to immunize infants and toddlers against childhood diseases.

Summary

Age group: infants; toddlers
Audience: home viewers; parent educators
Supplemental materials: parent brochure; 10-minute educator guide; website, www.xnet.com/~mcormick/
Language: English
Length: 60 minutes
Producer: Robert R. McCormick Tribune Foundation (© 1997)
To order: 312-222-3512. Price: $12.00

Touchpoints with Dr. T. Berry Brazelton

This three-video series features noted pediatrician T. Berry Brazelton, who describes challenges that arise when spurts in development bring a new sense of independence in young children. He refers to these times as "touchpoints," when parents must decide how to support a child's development.

In the first video, *Pregnancy, Birth, and the First Weeks of Life*, expectant couples discuss their concerns: Will my baby be okay? Will I be a good parent? Brazelton demonstrates the competencies of newborns and explains how to interpret their behavior. The second video, *The First Month through the First Year*, features parents describing the different cries of their newborns; Brazelton shows how to comfort a fussy baby, explains the stages of sleep, and traces the growth of independence. He explains the meanings of negativism and tantrums and suggests ways to avoid battles. The final video, *One Year through Toddlerhood*, focuses on teaching limits and positive ways to encourage, but not push, toilet training.

Critique

- Brazelton demonstrates that the infant or toddler is capable and competent. He urges parents to respond to the child's signals while also acknowledging the feelings of parents.
- The pace of the programs is relaxed; Brazelton and the parents appear to be chatting informally in comfortable settings. His approach is nonjudgmental, sensitive, and empathetic. Sometimes he is shown interacting with children; at other times, he narrates while the parents and children interact.
- The parents' capacity to articulate their thoughts and feelings is impressive. The programs appeal primarily to reflective parents who want to understand the underlying psychological meanings of behavior and who seek guidelines, not recipes, for child-rearing.
- The series was created for expectant and new parents to educate themselves but could be used in a parent education class.
- This is not a "how to" program, and some topics of interest to new parents are not covered.

Summary

Age group: infants; toddlers
Audience: home viewers; parent educators
Supplemental materials: book by T. Berry Brazelton, *Touchpoints*, commercially available
Language: English
Length: approximately 45 minutes each
Producer: ConsumerVision, Inc. (© 1991)
To order: 516-329-4680. Price: $14.95 each; $39.95 series ($5.00 S/H)

Your Baby: A Video Guide to Care and Understanding with Penelope Leach

Penelope Leach, child development expert and author of popular books for parents, is featured in this video about newborn care and development. She is joined by a breastfeeding educator and a pediatrician. Leach encourages parents to see their child's early years as an exiting time and reassures them that there are no ideal babies and no set rules: whatever helps a particular baby to be happy and allows parents to feel comfortable is a "good" rule.

Leach describes parents' likely reactions to coming home from the hospital—feeling overwhelmed and anxious—and recommends that the mother turn to her spouse for support and help. Sections of the video cover everyday care: feeding, sleeping, comforting, diapering, and bathing. Parents, primarily mothers, are shown taking care of their babies. Leach offers practical advice about breastfeeding, establishing bedtime rituals, distinguishing cries, and treating diaper rash. Leach also discusses regular check-ups and milestones in early motor and social development. She reminds parents that babies do not demand more than they need and recommends that parents follow the baby's lead.

Critique

- Leach has a practical, informative, no-nonsense approach. Caregiving tasks are described and demonstrated in a simple, easily understood way.
- Leach speaks empathetically and respectfully of the psychological and emotional demands on parents; she suggests that parenting is hard work, but enjoyable. As she holds and cares for babies, she conveys genuine affection.
- Parents are seen but rarely heard in this program. Leach narrates in the background, while parents and their babies illustrate her points.
- The sections of this long video are color-coded for easy reference.
- The program is designed for home viewing. Individual segments could be used with parent groups. Viewers will find this video a useful supplement to Leach's books.
- No visual aids help the viewer remember the material discussed.

Summary

Age group: infants
Audience: home viewers; parent educators
Supplemental materials: books by Penelope Leach, commercially available
Language: English
Length: 75 minutes
Producer: Sidney Place Communications, Inc. (© 1989)
To order: 800-877-0597. Price: $29.95 ($3.45 S/H)

Your Child's Brain

This segment of *PrimeTime Live*, narrated by Diane Sawyer with supporting statements by experts, features recent research on early brain development. It stresses the importance of pathways for learning laid down at an early age; if not developed at the appropriate time, their potential is lost. The receptivity of the infant's brain is demonstrated in several ways: a newborn tracks a ball, thus stimulating the connections in his brain to produce sight; premature babies gain more weight and show improvements in motor coordination when they are held and spoken to. The program also illustrates experiences that encourage brain development in older children, such as singing and listening to music, which stimulate pathways for math and reading, and repetition (as in the re-reading of favorite stories), which strengthens the part of the brain effective in memorizing.

The program explains that long-term exposure to stress has a negative impact on the brain. In an experimental situation, mothers are instructed to ignore their babies, producing distress in the infants. Most important, the video emphasizes that loving interactions between parents and children change the brain chemistry and get the child ready to learn.

Critique

- This program provides general information on brain research. Viewers will be persuaded of the importance of the early years and the value of caring, loving interactions.
- Sawyer says the new research is a clarion call for earlier intervention programs. This program could stimulate discussion among viewers about policy issues.
- The program includes scenes of minority children who might be considered "at risk," walking down a lonely, dirty city street, being carried by rescue workers, or kicking boxes around a yard with a broken fence. Although the video emphasizes the irreversible effects of early deprivation, other research, not mentioned in the program, indicates that some children thrive under the worst of circumstances.
- This program could be used by parents at home or in a discussion group on the importance of early stimulation.

Summary

Age group: infants; toddlers
Audience: home viewers; parent educators
Supplemental materials: none
Language: English
Length: 20 minutes
Producer: ABC News, *Prime Time Live* (© 1995)
To order: 800-225-5222. Price: $29.95 ($4.95 S/H)

NEWBORN CARE

Baby Basics

Intended for new and expectant parents, this video features four ethnically diverse families as they care for their young babies at home and discuss their concerns. A narrator provides useful information. The video is divided into sections, including feeding, crying and sleeping, health and safety, and postpartum care. A section on the parents' first days at home discusses new roles and responsibilities and changes in the couple's relationship, as well as the newborn's competencies and signs of over-stimulation. In a section on growth and development, infant temperament is discussed and parents are reminded that babies display personal styles from the start. In many scenes, parents are shown gearing their playful activities to their baby's temperament. Other topics include the beginnings of language, hand-eye coordination, and social development. Parents are reminded that they know their baby best and that, as the baby grows, parents change, too.

Critique

- The information is clear, practical, and comprehensive. Visual aids help to convey the information in an easy-to-understand way.
- Parents' voices and the narration are well-balanced. Many scenes record the sounds of babies and their parents.
- Parents' concerns are addressed with sensitivity. In one scene, a mother tells her husband how upset she feels when the baby is crying and cannot be comforted. The fathers are very involved in caring for the babies and speak of their concerns and satisfactions.
- The tone of the video is very positive and supportive of parents. Useful suggestions are made, and challenges (such as the first bath) are broken down into "doable" tasks. The program documents many ways in which the parent-child bond grows in the course of everyday interactions.
- A few segments include comments from Arnold Kerzner, a pediatrician and family psychiatrist.
- Individual sections of the video can be viewed separately and are easily located.
- The video is designed for first-time parents.

Summary

Age group: infants
Audience: home viewers
Supplemental materials: video guide
Language: English; Spanish
Length: 110 minutes
Producer: Vida Health Communications (© 1987)
To order: 800-550-7047. Price: $24.95 ($5.00 S/H)

NEWBORN CARE

Bath Time

This narrated video presents step-by-step information on how to give a newborn a sponge bath, including cord care and cradle cap prevention. When babies are older and ready for a full bath, advice is given about how to hold them, wash their hair, and select an appropriate basin. Safety tips include using warm—not hot—bath water and putting a small towel in the basin to help prevent slipping. The point is made that some babies like water more than others, and parents are reminded to work at a comfortable pace and make bathing an enjoyable experience. The video is filmed in a studio; fathers and parents of different ethnic backgrounds are shown bathing their babies.

Critique

- The specifics about how to give a bath are useful and clearly depicted in the scenes of parents and their babies. The leisurely pace and clear message will appeal to first-time parents.
- The depiction of fathers as caregivers is valuable. Many parenting materials overlook their role in newborn care.
- Although the video suggests that bath time can be a playful and fun, no hints are given about what parents can do to provide toys, follow the baby's lead, or just talk to the baby about what is happening.
- The video is part of the *Baby Care Workshop Series.* Some bath time safety tips are repeated in the video *Safe and Sound,* also part of the series. The series is designed to be used at home, in the hospital, with parent groups (including teens), and in home economics/child care courses.

Summary

Age group: infants
Audience: home viewers; parent educators
Supplemental materials: teaching guide; parent handouts
Language: English; Spanish
Length: 17 minutes
Producer: The Professional Partnership (© 1988)
To order: 800-729-8323. Price: $80.00

Home Before You Know It

Intended for expectant parents, this video offers advice about making the most of the hospital experience and the first weeks after birth. Parents from different cultural groups, including single parents, are featured, while a narrator provides commentary. The first section, "Parent Care," urges parents to review their insurance coverage, ask questions about their hospital stay, choose the child's doctor, and maintain their health. Other topics include the hospital stay, post-birth healing, family planning, and arriving home. Mothers are advised to rest and attend to the baby, but fathers and others must help out. Normal mood swings and postpartum depression are discussed.

The second section, "Baby Care," contains practical advice and demonstrations on feeding (breastfeeding is highly recommended), bathing, umbilical cord care, infant elimination patterns, taking a temperature, signs of illness, and immunizations. Infant crying and comfort strategies and sleep patterns are discussed, and newborn competencies are shown. Parent support organizations, such as the LaLeche League and the March of Dimes, are listed.

Critique

- The essentials of mother and newborn care are covered in an interesting, clear way. Many scenes of fathers helping to care for the mother and baby are shown.
- For parents wanting to know more about infant crying, such as distinct patterns or crying caused by colic, additional resources would be needed.
- Throughout the video, the tone is positive, upbeat, and humorous. The use of amusing graphics adds to the appeal of the material.
- Useful lists are provided, such as symptoms of postpartum depression and immunization schedules. Having a pen and paper nearby is recommended.
- This program is appropriate for viewers at home or in a parenting class. Its format, inclusion of diverse cultures, and comprehensive approach give it wide appeal.
- Some of the information on immunizations may be outdated. Viewers are advised to check with their health care providers or the American Academy of Pediatrics.

Summary

Age group: infants
Audience: home viewers; parent educators
Supplemental materials: none
Language: English; Spanish
Length: 30 minutes
Producer: Vida Health Communications (© 1995)
To order: 800-550-7047. Price: $245.00 ($5.00 S/H)

NEWBORN CARE

Your Newborn Baby

Narrated by ABC's Joan Lunden, this program covers critical topics for culturally diverse parents. The first segment advises expectant parents to choose a doctor they feel comfortable with and to inquire about office hours, fees, and coverage. Other topics include decisions before the baby arrives (circumcision, rooming in) and making a nest (selecting items for the baby's room, baby clothes, car seats). Topics on newborn care include routines of feeding and burping (demonstrations of breastfeeding and bottle feeding are given), bathing, and sleeping. In one segment, a two-week-old baby is fully examined by a pediatrician who answers the mother's questions about the baby's senses, umbilical cord, swollen genitals, and bowel movements. The video also gives advice about when to call the baby's doctor.

Critique

- A lot of valuable information is packed into 45 minutes. The video covers some material not often addressed, such as how to choose a pediatrician.
- The examination of the baby is very thorough and may help reassure parents that their babies are healthy and normal. Other segments of the program, such as what to do when the baby is sick or crying, are not as detailed or specific.
- The expert voice in the video is that of Lunden's pediatrician; his style is informal and friendly.
- Meant for home viewers, this video could be seen again and again by parents; important points are listed at the end of most segments.
- Although the video is approved by the American Academy of Pediatrics, it states that newborns can be put down to sleep in any position; this suggestion contradicts the Academy's current recommendation that healthy, full-term babies be placed on their backs. A statement clarifying the Academy's recommendation should be inserted in the video.
- The video was taped in a studio, and the sets do not have the lived-in look of a home. The items displayed for the baby's room are the latest in upscale merchandise and will go beyond the pocketbooks of many parents.

Summary

Age group: infants
Audience: home viewers
Supplemental materials: none
Language: English
Length: 45 minutes
Producer: Cambridge Educational (© 1994)
To order: 800-468-4227. Prices: $39.95 ($4.50 S/H)

Bonding with Your Baby

Stating specifically that it has been made for inner-city parents, the video shows four families—African American and Caucasian, married and single—at home with their new babies, some firstborns and some with older siblings. In answer to the question "What is bonding?" parents describe "unconditional love" and "learning to know one another." Fathers speak about the importance of their relationships with their babies and how they began to bond with their babies in utero. Other topics include feelings during pregnancy and at birth, bonding with the newborn, and working together. Parents share their honest reactions: one mother talks about being too dependent on her baby to feel good about herself; a father describes the stress of working and parenting; and one parent discusses the challenges of preparing older siblings for a new child. Despite their sometimes difficult circumstances, the parents in this video attest to the power of the parent-child bond.

Critique

- This video puts parents in the role of experts; there are no references to outside authorities, psychological theories, or academic research. The parents' voices are refreshingly frank, clear, and insightful.
- Without explicitly giving advice, the parents convey important messages: treat your baby as you want to be treated, read to and talk with your baby, try to develop strong father-baby relationships.
- This video is ideal for a parent group; it is easy to identify with the speakers, and their experiences open many rich avenues for discussion. The video can be stopped after each segment.
- The producer has made two other videos about inner-city families and their older children—*Education Starts at Home* and *Wise Words on Discipline*—in which parents discuss strategies that work for them.

Summary

Age group: infants
Audience: parent educators
Supplemental materials: discussion questions; parent fact sheet
Language: English
Length: 16 minutes
Producer: Active Parenting Publishers, Inc. (© 1996)
To order: 800-825-0060. Price: $59.95 ($4.95 S/H)

Calming the Baby

This video shows parents using different techniques to calm their babies, while a narrator provides commentary. The point is made that some babies prefer a quiet approach and are comforted by touching, singing, swaddling, or the repetitive sound of a clock, while others like more vigorous movement—swinging, going outside for a walk—or loud noises, such as a vacuum cleaner. Parents are reminded to talk soothingly to their babies, even though the infants cannot understand the words. No matter what approach is used, a sense of confidence and smooth, deliberate motions are important. A portion of the video also focuses on colic—what it is and what to do about it—and includes demonstrations of techniques for holding a colicky baby. Parents are reminded that babies sometimes get fussy for no reason, and that there are times when no approach seems to work. The main points are listed at the end of the video.

Critique

- This video offers sound, practical advice and shows easy-to-do techniques. It urges parents to get to know their own baby and to discover what works best for them.
- The video is reassuring in its message, acknowledging how tiring it is to cope with a fussy baby. Parents are urged to take care of themselves by asking for help or getting rest; they are told that it is okay take a break for a few minutes and leave a crying baby alone in a crib.
- The information on colic and how to deal with it is more complete than in many other parent education materials.
- This video relies on a narrator to provide advice and explanations; parents do not discuss what does and does not work when their babies need comforting.
- There is no mention of why spanking or yelling should never be used with a fussy baby.
- This video is part of the *Baby Care Workshop Series*, designed to be used at home, in the hospital, with parent groups (including teens), and in home economics/child care courses.

Summary

Age group: infants
Audience: home viewers; parent educators
Supplemental materials: teaching guide; parent handouts
Language: English; Spanish
Length: 17 minutes
Producer: The Professional Partnership (© 1988)
To order: 800-729-8323. Price: $80.00

Day One: A Positive Beginning for Parents And Their Infants

This video emphasizes two central messages: the importance of what parents do from the beginning of a baby's life, and that being a good parent is learned, not innate or magical. The first part of the program explains that a baby's brain develops faster in the first year than at any other time, and that nurturing, love, and stimulation of the senses are crucial to this process. The program discusses the newborn's sensory capacities, especially responsiveness to parents' voices and faces. The second section describes patterns of eating, sleeping, and waking and explains that individual variations are normal. The video shows behavioral clues (eyes open, pupils dilated, fingers and toes stretching forward) that indicate a baby's readiness for interaction and encourages parents to respond to those signals. As a new parent, the key is "to do whatever you do with love" because a loving, nurturing environment will do the most to insure a baby's happy, healthy growth.

Critique

- The tone of the video is gentle, reassuring, and affirming. Parents are shown comforting, feeding, diapering, and playing with their babies in nurturing interaction.
- Information about infant brain development is accompanied by graphics. The discussion of parental responses to infants' behavioral cues is helpful.
- There is little ethnic or gender diversity among the parents represented. Also, the entire text is narrated; no parents' voices are heard.
- Scenes of a baby in a walker, a youngster playing with a plant, and babies sleeping on their stomachs show practices that are no longer recommended or appropriate. In the next edition, the producer intends to correct these scenes.
- Although meant to be used as part of a parent education program, this video could be viewed by parents at home.
- The video does not address normal parental feelings of frustration, guilt, or exhaustion.

Summary

Age group: infants
Audience: home viewers; parent educators
Supplemental materials: none
Language: English
Length: 31 minutes
Producer: New Horizons for Learning (© 1985)
To order: 206-547-7936. Price: $150.00

The Gift of Baby Massage

Babies like to be touched, and infant massage is a way to communicate openness, trust, and respect. This program features Rebecca Klinger, a licensed massage therapist certified in infant massage, and Max Kahn, a pediatrician. They discuss the reasons why infant massage is good for babies and parents, with Klinger providing instruction in massage techniques. The video is divided into segments, each focusing on a body part (arms, head, back). Klinger demonstrates with a baby, and sometimes a parent is shown massaging a baby. Klinger and Kahn answer commonly asked questions, including at what age to begin, what time of day and how often to massage, and what to do when the baby is cranky. They recommend following the baby's cues and doing whatever the baby likes best.

Critique

- This program emphasizes the importance of the parent-child bond and how touch can be used to strengthen the bond.
- The infants are treated with respect and sensitivity throughout the video. Their needs are primary; parents are reminded to let the child's mood be their guide.
- Infant massage is presented as a form of communicating with the baby. Verbal communication is also stressed, and parents are urged to talk, sing, and coo as they massage.
- Klinger's manner is relaxed and soothing; the pace is slow and gentle. She conveys warmth and sensitivity. The babies and parents are happy and enjoying themselves.
- The massage techniques are well-explained. There are many close-ups of the adult and the baby that show exactly how the technique is done.
- The video shows how the techniques can be used in a variety of contexts: while the baby is in a car seat or being held in the mother's arms in a store. The techniques are easy to do and effective.
- There is a balance of experts and parents talking.

Summary

Age group: infants
Audience: home viewers
Supplemental materials: none
Language: English
Length: 35 minutes
Producer: Consumer Vision, Inc. (© 1991)
To order: 516-329-4680. Price: $14.95 ($5.00 S/H)

The Dance of Communication: Nonverbal Communication

This video dramatizes the ways in which parents communicate in nonverbal ways, through "pictures"—including facial expressions, body language, and gestures—that tell infants and toddlers how they feel about them. In several vignettes, parents are shown conveying negative messages: an infant is crying, and the mother is preoccupied and does not touch him; a toddler tries to show a drawing to his mother, who replies "That's nice" without even looking at him. Then the scene changes, and the parent conveys a different "picture": the mother leans toward the toddler, looks at him, and speaks with interest and praise about his drawing. Parents are urged to be aware of what kind of "picture" they want to show their child.

Critique

- This very brief program conveys a simple, yet essential message: nonverbal communication speaks volumes about how parents feel toward their young children, and children pick up on these messages. Many parent education materials focus only on verbal interaction; this video broadens the concept of parent-child communication.
- Parents are shown in real-life situations at home; the behavior of the children is typical—crying, wanting attention. Any parent can identify with these situations.
- The families in the video are ethnically diverse.
- This video is part of a comprehensive parent education curriculum, *Make Parenting a Pleasure*, which includes 13 modules and 10 videos.

Summary

Age group: infants; toddlers
Audience: parent educators
Supplemental materials: facilitator guide; appendix; parent booklets
Language: English
Length: 5 minutes
Producer: Birth To Three (© 1996)
To order: 541-484-5316. Price: Sold only as part of set, $895.00 ($20.00 S/H)

Discoveries of Infancy: Cognitive Development and Learning

Hosted by a day care center director and filmed in child care settings with diverse groups of children, this program demonstrates how infants and toddlers concentrate, solve problems, and experiment. It shows six major kinds of discoveries infants and toddlers make as they play with objects and interact with people: learning schemes, use of tools, cause and effect, object permanence, spatial relationships, and imitation. Scenes of children of different ages using the same toy in different ways demonstrate how later learning builds on earlier learning. The video explains that adults can facilitate the process of discovery by maintaining an attitude of respect and appreciation for what a child is doing, by following the child's lead, and by providing a rich, uncluttered environment.

Critique

- Adult caregivers appear to be gentle, loving, and sensitive to the children's interests. Appropriately, they do not direct or teach specific lessons. However, because they do not talk much to the children, the program does not offer examples of language stimulation.
- Although the video was filmed in child care settings, the messages about how children learn is relevant to home settings.
- The video demonstrates that no special materials or equipment are needed for young children to make discoveries.
- This program conveys a great deal of information about how children learn and the value of play. A discussion leader might want to pause the video at points to elicit questions or comments from parents.
- The guidelines for facilitating infant discovery are sensible, although some parents might need advice about how to translate them into specific actions.
- This video was developed collaboratively by WestEd (Far West Lab) and the California Department of Education as part of a training series for child care workers.

Summary

Age group: infants; toddlers
Audience: parent educators
Supplemental materials: video magazine; curriculum guide; training manual
Language: English; Spanish; Chinese; closed captioned
Length: 32 minutes
Producer: California Department of Education, Bureau of Publications (© 1992)
To order: 916-323-1343. Price: $65.00

From the Crib to the Classroom

This video shows how parents teach their children about literacy using familiar activities around the house and neighborhood. The narrator, an African American mother, talks about the many ways she and her husband support their children's learning and describes the activities of other parents and children. In one scene, a baby's bilingual parents play and speak with him, using sounds the child will later produce in his speech. As he plays with a toy, he follows with his eyes and listens, important pre-reading skills. Later scenes focus on a grandmother interacting with her 3-year-old grandson: together, they count kitchen bowls and stack them according to size; she answers his questions about dollar bills; they visit the zoo and look at a book about animals. Parents and their older children are shown writing a shopping list, telling stories, visiting the library, and discussing homework.

Critique

- Throughout the video, the adults demonstrate love, warmth, and interest in the children; their interactions are positive and caring. The message is never judgmental or intimidating. The video stresses that parents can help their children learn through everyday experiences and argues against early academics or drill and rote learning. It reassures parents that no special techniques, materials, or vocabulary are required.
- The connection between what children are doing and their learning is made very explicit throughout the program.
- This video was produced for PLAN (Push Literacy Action Now) and is a useful resource for a parent discussion group.
- The program presents families of diverse cultural and linguistic backgrounds.

Summary

Age group: infants; toddlers
Audience: parent educators
Supplemental materials: none
Language: English
Length: 12 minutes
Producer: PLAN Learning Center (© 1990)
To order: 202-547-8903. Price: $39.95

Mother-Infant Communication

This two-part series makes the point that babies learn to communicate from the first day of life. The first program, *Talking to Babies*, shows what parents can do through everyday activities to help babies learn to communicate. Mothers and fathers of different cultural backgrounds are shown telling their babies what they're doing while changing a diaper, pausing to give time for the baby to respond, commenting on what interests the baby, and using slow, shortened speech patterns. A narrator provides commentary, emphasizing the give and take of communication. The sequel, *Talking to Toddlers*, traces the progression from sounds to words to short phrases in toddlers' language development. Strategies for parents are demonstrated, including repeating, encouraging conversation, expanding on the child's ideas, naming things, and following the child's lead. In a few scenes, older siblings are shown interacting with younger ones.

Critique

- These programs show several families at home; family members are relaxed and natural as they talk with their young children. The narrator comments in a clear, gentle, jargon-free fashion.
- This series affirms the value of baby talk and reinforces what many parents do naturally in the course of daily activities; it is not about early intervention or language stimulation. The videos encourage parents to think about how they communicate with their babies and toddlers.
- At the end of each program, suggestions for parents are listed with an accompanying video segment. The format of the videos is very user-friendly.
- These videos, part of a university research project, lack the sophisticated and polished presentation of commercially made programs. Even so, their message is strongly conveyed.

Summary

Age group: infants; toddlers
Audience: parent educators
Supplemental materials: trainer guide; parent guide
Language: English
Length: 12 minutes each
Producer: California State University at Los Angeles, Division of Special Education (© 1987)
To order: 213-343-4400. Price: $40.00 series

Play Time

Illustrating that play is a happy way for young children to explore their abilities, this video features parents and infants of different cultural backgrounds in a studio-like setting. The narrator emphasizes that the first step for parents is getting to know their baby through normal care and activities; there is no need to rush, push, or formally teach a baby. The video demonstrates simple, enjoyable activities focusing on sensory and motor development. Many examples are shown: parents draw patterns or cut pictures from magazines to hang in the baby's crib and provide visual interest; they cover toys with interesting textures to explore; they put a toy slightly out of reach to stimulate a baby to move toward it and build up muscles. Parents are encouraged to use household items and are reassured that there is no right way to play.

Critique

- The message is that play time should be enjoyable and relaxed, consisting of what parents often do with their babies: talking, touching, reading, and engaging them with toys.
- This video will reassure parents that they do not need to learn special techniques or buy special equipment to help their babies learn through play.
- A narrator provides an easy-to-follow commentary. Parents' voices are not heard, although they are shown playing with their young children.
- This program could be viewed by parents at home who want to learn more about the value of play and get suggestions for activities. It could also be used for parent education groups.
- A parent educator would need to supplement the messages of the video by explaining the value of play for language learning and describing parents' role in the imaginative play of toddlers.
- This video is part of the *Baby Care Workshop Series*, designed to be used at home, in the hospital, with parent groups (including teens) and in home economics/child care courses.

Summary

Age group: infants
Audience: home viewers; parent educators
Supplemental materials: teaching guide; parent handouts
Language: English; Spanish
Length: 17 minutes
Producer: The Professional Partnership (© 1988)
To order: 800-729-8323. Price: $80.00

Read To Me! Sharing Books With Young Children

This program demonstrates the value of reading aloud to young children and provides simple guidelines parents can follow to start the read-aloud habit. Three families (Caucasian and African American with children of different ages) are shown reading aloud in their homes, an experience described as a time for parents and children to be close and have fun together. To relate reading aloud to school success, a teacher and principal explain the importance of liking and being familiar with books when a child enters school. Reading aloud is also a time for developing concepts, skills, and attitudes. At the end of the program, four guidelines for reading aloud are presented: read aloud during infancy, choose books the child enjoys, try to read for 15 minutes every day, and help children get involved in the book by commenting, questioning, and exploring.

Critique

- The importance of reading aloud is highlighted by scenes of families reading aloud with obvious pleasure.
- Certain myths about reading are dispelled, such as the belief that there is no need to read to infants who cannot understand the story or that children will learn about reading once they start school.
- The guidelines are specific, sensible, and "doable." Although parents in the video work outside the home or have large families, they make reading aloud a priority.
- The families are diverse, and there is a balance of experts and parents presenting their views.
- The video models how to read aloud and explains why to read aloud. It would be effective with teen parents and other parent groups. The video could easily be supplemented with other parent education information or activities, such as making books, choosing books, or reading.

Summary

Age group: infants; toddlers
Audience: parent educators
Supplemental materials: facilitator guide; parent guide
Language: English
Length: 25 minutes
Producer: Educational Productions, Inc. (© 1991)
To order: 503-644-7000. Price: $295.00 two video set ($16.00 S/H)

See How They Move

Magda Gerber, a well-known author and infant educator, is featured in this program. Sitting on the sidelines of a large room containing floor mats, toys, and climbing equipment, Gerber observes the behavior of infants of a range of ages—some immobile, some crawling, and a few walking—and de cribes what she sees in terms of readiness and skills level. Gerber explains the natural progression of gross motor development, stressing that the timing is different for each baby. Gerber is adamant that adults refrain from teaching babies to do motor tasks or intervening with exercise routines. She answers questions posed by a parent about individual differences and developing self confidence. She urges parents to trust their babies: "the way they instinctively move is always safest," she says. When asked what parents can do for their infants, she replies "provide large enough and safe space."

Critique

- Watching the babies move in this program is like watching a lyrical, graceful ballet. The scenes of babies rolling over, reaching for toys, and pulling up to a standing position are mesmerizing; the beauty and ease of their movements are astounding.
- Gerber's narration is clear and specific; her points are well demonstrated.
- The focus is on the babies' movements and their use of equipment and toys; there are almost no interactions between adults and babies. Some viewers might find the lack of adult-child interaction disconcerting and wonder if parents shouldn't be more active. Yet Gerber describes a very active parental role—that of an observer who respects the baby's natural development.
- This program is appropriate for a parent education class and would stimulate discussion.
- The babies shown here are primarily Caucasian.
- All scenes are in a large playroom at Gerber's institute; it would be helpful to see homes that allow the free movement Gerber recommends.

Summary

Age group: infants; toddlers
Audience: parent educators
Supplemental materials: none
Language: English
Length: approx. 30 minutes
Producer: Resources for Infant Educarers (© 1994)
To order: 213-663-5330. Price: $75.00 ($2.50 S/H)

Smarter Than You Think

This program (a segment from ABC's *20/20*) examines the capacities of babies and illustrates that they are smarter than most people think. T. Berry Brazelton, researcher and pediatrician, demonstrates that newborns react to sight and sound and show preference for the familiar voices of their parents. The program documents the long-term effects of sensory and emotional neglect with scenes of orphaned babies in the 1950s, whose development was retarded as a result of early deprivation. Stanley Greenspan, researcher and physician, describes the four stages of emotional development in the first year. He presents a case study of a mother and infant daughter whose emotional development is at risk, then proceeds to help the mother improve her sensitivity to her child. Greenspan emphasizes that every baby has a unique way of reaching out into the world and that parents must find ways to connect with their babies. Finally, the narrator reassures parents that experts say babies cannot be spoiled. Babies who receive more attention when they are young will be less demanding when they are older.

Critique

- This program emphasizes the competencies and capacities of newborns, debunking the belief that they are unaware of the world around them. Close-ups of newborns capture the nuances of their eye and head movements, smiles, and communicative gestures.
- The experts in the video are well known and present their perspectives in a way that is clear, easy to follow, and supportive of parents.
- The program, meant for home viewers, does not offer guidelines or specific advice for parents. However, it could be used to stimulate discussion among parents about the emotional development of young children. Additional materials, including other videos, could provide a more in-depth look at communication strategies.

Summary

Age group: infants; toddlers
Audience: home viewers; parent educators
Supplemental materials: none
Language: English
Length: 19 minutes
Producer: AGC Educational Media (© 1991)
To order: 800-323-9084. Price: $295.00 ($1.00 S/H)

2

Health and Safety

Before It's Too Late, Vaccinate

Sponsored by the American Academy of Pediatrics and narrated by the actress Tonya Lee Williams, this program urges parents to get their children immunized. Parents speak about myths regarding vaccinations: that they are not necessary until school starts, that they are costly, or that the diseases they protect against have been eradicated. Archival shots show victims of polio and diphtheria, diseases that grandparents and parents remember. A polio victim, now in her 60s and confined to an iron lung, urges parents to take advantage of the polio vaccine. Parents whose children have contracted preventable childhood diseases describe the hideous effects of the illnesses and their own guilt at not having immunized sooner. Information is presented about the number, kind, and timing of immunizations. The program also includes advice from pediatricians and government officials. Children are shown getting immunized in clinics and doctors' offices, and parents explain that the long-term benefits far outweigh the immediate discomfort. The point is also made that the health care system is attempting to be more responsive to parental concerns about costs, red tape, and side effects.

Critique

- The program is dramatic and persuasive. Parents' voices are heard throughout. They raise common concerns and voice misconceptions that are subsequently addressed in the program. The parents represented are ethnically diverse.
- The information appears to be current, quoting statistics from 1991.
- The experts speak in an understandable, persuasive way. They are also shown in natural settings, such as clinics and hospitals.
- Some viewers may be upset by the very graphic descriptions and photos of sick children.
- Some controversies about immunizations (such as the use of live vaccine) are not addressed in the program.
- More information about the ages at which children should be immunized would be useful.
- The video could be used in a variety of ways, at home or in a parent education class. Its message would be understood by first-time or young parents.

Summary

Age group: infants; toddlers
Audience: parent educators; home viewers
Supplemental materials: none
Language: English; Spanish; closed captioned
Length: 20 minutes
Producer: American Academy of Pediatrics (© 1992)
To order: 847-228-5005. Price: $6.00

Mister Rogers' Neighborhood: The Doctor, Your Friend

This video is intended to help children manage the difficult experience of going to the doctor by explaining what to expect. Mister Rogers visits a pediatrician's office and watches while Jane Breck gives a checkup to a young girl, about age 3. The doctor explains what she is about to do and lets the child get a good look at each instrument before she uses it. She examines the girl's eyes and ears, listens to her heart, tests her reflexes, weighs and measures her, and feels her stomach. When the doctor examines underneath the girl's underpants (out of view of the camera), she reminds her patient to keep her "private parts covered" and let only her parents and the doctor touch her. The child does not get any shots, although Mister Rogers explains that shots feel like a pinch and the hurt goes away. He adds that doctors can't tell what you're thinking or feeling inside; only you know. The remainder of the video takes place in the Neighborhood of Make-Believe with familiar characters who discuss the adoption of a baby.

Critique

- Mister Rogers provides useful, reassuring information about an event that upsets and frightens many young children. The doctor's manner is calm and friendly. The child is initially subdued but becomes more talkative and playful. The overall message is that a visit to the doctor is not so bad.
- This program taps into the developmental interests and natural curiosity of 2-3 year olds, offering material at a pace they can absorb. Most important, the information comes in the context of a "visit" with a caring adult, Mister Rogers.
- For many children, going to the doctor's office is associated with getting a shot, being sick, or having to take awful-tasting medicine. Mister Rogers talks about shots, but the other topics are not addressed in any fashion. This video can be a springboard for discussion about these and other concerns of children.

Summary

Age group: toddlers
Audience: home viewers; parents and toddlers together
Supplemental materials: none
Language: English; closed captioned
Length: 28 minutes
Producer: Family Communications, Inc. (© 1994)
To order: 412-687-2990. Price: $9.98 ($4.95 S/H)

Well Baby Check Ups: From Infant to Tot

The narrator of this video explains that well baby care is a major parental responsibility and describes typical procedures that health care professionals follow during checkups. Several procedures are demonstrated on young, mostly Caucasian, patients. Advice is given about the schedule of visits for the first two years and evaluations that are normally performed at each visit. The use of a growth chart is shown, and the program explains the schedule of tests (such as hearing and blood) and immunizations. The video emphasizes that the doctor will ask questions about the overall behavior and development of the child, and that parents, too, can ask questions of the doctor.

Critique

- This program provides accurate, comprehensive information about what goes on in the doctor's office. It is clearly presented and easy to follow. On-screen graphics (such as lists) summarize important points.
- Many scenes of babies and young children being examined in doctors' offices are shown, as are parents and doctors talking about the health and well-being of the youngsters. These scenes are engaging and authentic. Several pediatricians give advice; they come across as accessible, friendly, and concerned.
- The program emphasizes well babies; no visibly sick children are shown in the doctors' offices and no mention is made of childhood illnesses or accidents that require medical intervention. This video sends a very positive message to parents: the doctor's office is a place for healthy children.
- Some of the information on immunization schedules is dated and does not reflect the current recommendations of the American Academy of Pediatrics. Viewers are advised to check with their health care providers.
- There is little ethnic diversity among the parents and the health care professionals portrayed. The medical settings appear to be private doctor's offices, not clinics or hospitals.

Summary

Age group: infants; toddlers
Audience: home viewers; parent educators
Supplemental materials: none
Language: English
Length: 20 minutes
Producer: Cambridge Educational (© 1995)
To order: 800-468-4227. Price: $59.95

When Your Baby Is Sick

This narrated program opens with a reassuring message: of course, it's upsetting when your baby is sick, but parents can learn to provide the care the baby needs. The video discusses and demonstrates the basics that parents need to know: how to take a rectal and axillary (underarm) temperature and how to give medicine with a dropper or syringe. Important pointers are offered about how to help a baby take medicine and what to do about a stuffy nose. Parents are reminded to consult their doctor or nurse if they have questions. The scenes are filmed in a studio with families of different ethnicities.

Critique

- The information is presented in a straightforward, easy-to-understand way. For example, close-ups of thermometers explain what the numbers mean.
- The scenes of parents and their babies are realistic: the babies fuss or cry as their temperatures are taken, but the video points out ways to comfort them. Parents seeing this video will say, "Yes, that's the way it really is when my baby is sick."
- This program will appeal to both experienced and inexperienced parents. It could be used in a parent education class to introduce the use of techniques and implements.
- No information on symptoms or treatment of common childhood illnesses is provided.
- This video is part of the *Baby Care Workshop Series*, designed to be used at home, in the hospital, with parent groups (including teens), and in home economics/child care courses.

Summary

Age group: infants; toddlers
Audience: home viewers; parent educators
Supplemental materials: teaching guide; parent handouts
Language: English; Spanish
Length: 15 minutes
Producer: The Professional Partnership (© 1988)
To order: 800-729-8323. Price: $80.00

Infant and Toddler Emergency First Aid

This narrated series provides information on important emergency first aid measures for parents to know. The first program, *Accidents,* shows how accidents can be prevented and makes suggestions, including preparing a first aid kit, keeping emergency phone numbers handy, checking outlets, being cautious with barbecues and exercise equipment, and using a car seat properly. The second volume, *Illnesses,* focuses on poisoning, croup, seizures, dehydration/diarrhea, choking, and fever. Rescue breathing and CPR are reviewed. Both programs explain what to do until help arrives and what signs and symptoms to report to a doctor or emergency medical service. The families in the video are shown in suburban settings and are primarily Caucasian.

Critique

- This series offers valuable information to parents and caregivers. Material is presented in a clear, matter-of-fact way, designed to inform parents but not scare them.
- Tips about child-proofing the home and other safety precautions are presented.
- Main points are listed, and viewers can easily write them down.
- Some common problems, such as the dangers of lead paint, are not addressed.
- Designed for home audiences, this series could easily be incorporated into a parent education program.
- The American Academy of Pediatrics has endorsed the series. The CPR instructions are based on American Heart Association guidelines.

Summary

Age group: infants; toddlers
Audience: home viewers
Supplemental materials: none
Language: English
Length: *Accidents,* 36 minutes; *Illnesses,* 43 minutes
Producer: Apogee Communications Group (© 1994)
To order: 800-210-5700. Price: $29.95; $49.95 set ($4.95 S/H)

Safe and Sound

Basic information on how to provide a safe home environment is presented in this video. It outlines new dangers that emerge as a baby becomes more mobile, from rolling off the bed to reaching for an electric cord. It urges parents to consider carefully what babies can do and be alert to changes in their abilities. It demonstrates the need to take precautions, explaining that babies cannot be counted on to help themselves. Parents are shown child-proofing their homes by tying up window cords and taking other steps. Safety features of baby items, such as cribs, collapsible gates, and pacifiers are discussed. Warnings about hot water and sun exposure are included. A demonstration of how to use a car seat is given, along with an explanation of why the seat is necessary.

Critique

- Factual, practical information is presented in a nonjudgmental, reassuring way. The video provides parents with a lot of information about what to look for in baby products and how to use them in a safe manner. They can also pick up useful tips about how to make their home safe.
- No video can identify every possible danger in every home. Therefore, this video's message is critical: that parents should see things from the baby's perspective. An open purse carelessly left on the floor, for example, is a temptation to explore, but coins, matches, and mirrors are dangerous.
- This program would be appropriate for both first-time and experienced parents. It will inspire most parents to scrutinize their environment and make it safer for their children.
- This video, part of the *Baby Care Workshop Series*, is designed to be used at home, in the hospital, with parent groups (including teens), and in home economics/child care courses.

Summary

Age group: infants; toddlers
Audience: home viewers; parent educators
Supplemental materials: teaching guide; parent handouts
Language: English; Spanish
Length: 17 minutes
Producer: The Professional Partnership (© 1988)
To order: 800-729-8323. Price: $80.00

Baby Bottle Tooth Decay

A child care director and pediatric dentist narrate this video, which focuses on the dangers of allowing a child to fall asleep while sucking on a juice- or milk-filled bottle. Residual sugar on the teeth can lead to extensive decay. The problems of tooth decay are discussed in terms of the child's physical, social and emotional well-being. The video highlights the cases of several preschoolers who required oral surgery to repair their teeth; their parents describe their anguish and guilt over their children's dental problems. The narrators provide useful information about prevention and oral hygiene, starting in infancy. They also present realistic alternatives to using a bottle to calm a child and urge that parents give children water more frequently.

Critique

- This video is not for the faint-hearted: it presents actual photos of baby bottle tooth decay. There are also scenes of children awaiting and undergoing surgery. Yet the strong message is tempered by sound advice about prevention. The advice is practical and reassuring to parents and teachers.
- Most examples of preventive measures take place in a child care center but can be applied to the home setting as well.
- Used in a teacher or parent discussion group, this video would stimulate discussion and change behavior. It would be appropriate for many parent audiences, including teens and at-risk parents, experienced parents, and older, first-time parents.

Summary

Age group: infants; toddlers
Audience: parent educators
Supplemental materials: none
Language: English; Spanish
Length: 18 minutes
Producer: Economic Opportunity Commission; San Luis Obispo, CA (© 1990)
To order: 805-544-4355, ext. 222. Price: $39.95 ($3.50 S/H)

BEST COPY AVAILABLE

Breastfeeding: The Art of Mothering

Breastfeeding is described in this narrated video as feeding a baby the way nature intended. It describes the many advantages of breastfeeding, for the mother and for the baby, and the bonding that develops during feeding. The program features a mother who begins breastfeeding her baby (her third child) within an hour of birth. A lactation consultant is shown advising her in the hospital. Later, the mother nurses the baby at home while taking care of the older siblings. Many relevant topics are covered: rooming in, nipple conditioning, breastfeeding positions, day and night feedings, and the role of the father. The program provides detailed information on nutritional needs of the mother and techniques for expressing milk. How and when to wean are also discussed, although the video emphasizes that breastfeeding for any period is good.

Critique

- This program is comprehensive and complete. The basics of how and why to breastfeed are covered. This video also provides information on topics not usually addressed, such as weaning, the working mother, and sex and breastfeeding. The format gives a realistic, authentic tone.
- Nursing mothers demonstrate the techniques recommended in the program, including different breastfeeding positions, care of the breasts, and devices for expressing milk. These scenes are often close-ups, so viewers can get a clear understanding.
- Few voices of parents are heard; experts or a narrator provide commentary. Parents themselves do not share the reasons why they have chosen to breastfeed or problems they have encountered.
- The opportunities for mother-child interaction during breastfeeding are not emphasized in this program. Eye-to-eye contact, touching, talking, and singing would have to be addressed separately in parent education classes.
- The target audience is expectant and breastfeeding mothers. The program takes a practical and nonjudgmental approach to the realities of family life, and fathers and working mothers should feel comfortable with its message.
- This program is approved by the American Academy of Pediatrics.

Summary

Age group: infants
Audience: home viewers; parent educators
Supplemental materials: handbook
Language: English
Length: 40 minutes
Producer: Alive Productions, Ltd. (© 1988)
To order: 516-944-3232. Price: $29.95 ($4.00 S/H)

Feeding a Toddler: Lily Gets Her Money's Worth

This program is narrated by Lily, a young mother who keeps a diary about feeding her toddler daughter. She describes what she learns in a parent education class and is shown shopping, cooking, and feeding her daughter. A variety of low-cost, nutritious food options are described. Information is given about food groups, healthy baby teeth, meal preparation, and smart grocery shopping. The right of toddlers to say "no" to certain foods is emphasized. Above all, parents are urged to be patient and encouraging as their toddlers learn to use a cup and utensils. The mothers and children featured in the video are culturally diverse.

Critique

- This video depicts vividly the concerns and dilemmas parents encounter as their toddlers begin to eat a variety of foods and learn to feed themselves. There are scenes of youngsters refusing to eat, tossing a bowl off the high chair, and spilling their food—familiar events that most parents can identify with. The challenges are met head on and include tips like preparing small amounts of food, in case it's thrown away.
- Parents are given helpful reminders for preparing nutritious meals, such as an acronym for the basic food groups.
- As seen through the eyes of a young mother, feeding a toddler is fun and interesting. Her very up-beat attitude and eagerness to learn will be infectious to parents who watch the video.
- The material is culturally sensitive. Food preferences of different cultural groups are mentioned.
- The value of a parent education class is highlighted, as other parents provide support to Lily and share their insights.
- This video is very appropriate for first-time or at-risk parents and will trigger discussion among viewers.
- A companion video is *First Foods: Lily Feeds Her Baby.*

Summary

Age group: infants; toddlers
Audience: parent educators
Supplemental materials: none
Language: English; Spanish
Length: 15 minutes
Producer: AGC Educational Media (© 1991)
To order: 800-323-9084. Price: $295.00 ($1.00 S/H)

First Foods: Lily Feeds Her Baby

This video is narrated by Lily, a young mother who keeps a journal about her baby's growth and development. She describes what she learns in a parent education class about the dietary needs of infants and how those needs change during the first year. The nutritional differences between breast milk and formula are discussed, as well as the right time and methods for introducing solids (at around 5 months, when a baby's mouth and throat muscles have developed). The video explains that infants need a well-rounded diet from the same four food groups as adults, though their food must be prepared differently. Other important topics are covered: introducing new foods, identifying allergic reactions, smart shopping, preparing baby food at home, and following the baby's lead at feeding time. Mothers and children from different cultural groups are featured throughout the video.

Critique

- This program offers valuable, comprehensive information about how and what to feed a baby. Sensible, nonjudgmental advice comes from parents and a parent educator. A few "don'ts" are mentioned, such as diluting the formula too much or forcing food on the baby.
- There are many familiar scenes of parents and babies at mealtime. Parents will easily identify with frustrating moments, although the video constantly urges parents to maintain a positive attitude and stay flexible.
- The video reminds parents to trust and respect their babies' ability to regulate their eating and to set their own schedules.
- The value of a parent education class and of parents learning from each other is emphasized. The video affirms that parents can learn to be better parents.
- This program could be used to stimulate parent discussion about feeding practices and to teach practical approaches.
- The inclusion of parents from different ethnic groups, as well as young parents, adds to the appeal of this program.
- A companion video is *Feeding a Toddler: Lily Gets Her Money's Worth.*

Summary

Age group: infants
Audience: parent educators
Supplemental materials: none
Language: English; Spanish
Length: 14 minutes
Producer: AGC Educational Media (© 1991)
To order: 800-323-9084. Price: $295.00 ($5.00 S/H)

3

Parenting and Family

Hello Parents

Four couples, Caucasian and African American, and a single parent are featured in this program. These first-time parents participated in a child birth class together and are shown discussing their expectations and concerns at the end of pregnancy. Eight weeks after the babies are born, the parents meet again to talk about what it's like to care for a baby. They describe physical and emotional exhaustion, support from grandparents, loss of control, the role of the father, difficulties with breastfeeding, the bonding process, their concern when the baby cries, their doubts about their parenting skills, disagreements about caring for the baby, and how hard it is to find time together as a couple. The narrator says that learning to be a parent takes time and that parenting awakens what is best about oneself.

Critique

- This video shows a group of parents who know and seem to like each other. They don't always agree, but they always show respect. The warmth and caring in the group makes it easy to identify with them.
- The striking honesty of the parents—as they talk about their marriages, sexual relationships, and postpartum stresses—could be an eye-opener for some viewers.
- The voice-over narration in this video is minimal, allowing parents to speak for themselves.
- This is not a "how to" video offering specific advice on newborn care. It is a look at parenting from the parent's perspective, focusing on the emotions and feelings that come with a new role and responsibilities.
- The video will spark lively discussion among viewers, especially first-time parents.
- The participants are articulate, dual-career couples and a single parent with a career. This video may have less appeal for parents whose stresses include economic hardship and many children in the family.

Summary

Age group: infants
Audience: home viewers; parent educators
Supplemental materials: none
Language: English
Length: 30 minutes
Producer: Vida Health Communications (© 1994)
To order: 800-550-7047. Price: $49.95

Your New Baby/Your New Life

These videos are part of a video curriculum designed specifically for pregnant and parenting adolescents. Young mothers and fathers who were in a prenatal parenting group gather to discuss newborn care and changes in their lives since their babies were born. They include Caucasian, Hispanic, and African American parents, married and unmarried, some living in a city and some in suburbs.

In *Your New Baby*, parents discuss crying, eating, and sleeping patterns and demonstrate bathing, diapering, umbilical cord care, and health care. The newborns' interest in their parents' faces and voices and their need to be touched are emphasized. In *Your New Life*, parents discuss how exhausting it is to care for a baby, their wish that someone would take care of them as parents, plans to return to school, concerns about child care, and relationships with peers. They talk about sacrifices they make for their babies; a few wish they had waited before having a child. The video stresses that "being a good parent means being good to yourself" and that adolescent parents need to ask for help and pursue educational and career goals.

Critique

- The young parents featured in this program speak from their hearts, revealing their fears and frustrations along with their strengths and successes.
- Valuable, in-depth information is given on the basics of newborn care. Adolescent parents are shown performing these tasks competently. Charts and lists make the information easy to understand.
- Advice is presented in a nonjudgmental, positive way; the narrator's comments reflect an understanding of adolescent development.
- The videos will appeal to a wide audience of young viewers and would be an invaluable resource for a teen parenting class.
- This program is part of a curriculum series for adolescents, Project Future, which includes *Your Pregnancy, Your Plan, Giving Birth to Your Baby,* and *Your New Baby.*

Summary

Age group: infants
Audience: parent educators of adolescents
Supplemental materials: none
Language: English
Length: 26 minutes
Producer: Vida Health Communications (© 1992)
To order: 800-550-7047. Price: $275.00 ($5.00 S/H)

Anger Management for Parents

Produced by the Institute for Mental Health Initiatives, this program features parents talking about their anger with commentary by Dr. Susan Linn and her puppet Audrey Duck. A diverse group of mothers and fathers describe a variety of situations with their infants, toddlers, and older children that provoke their anger. They describe their visceral reactions and feeling of losing control as their anger rages. They share memories of their own childhoods and feeling terrified or unfairly treated when their parents got angry and resorted to physical or emotional abuse. With her puppet, Linn presents an alternative—RETHINK—R for recognize the angry feelings; E for empathize with the child; THINK for think about ways to respond differently. Linn and the puppet model the RETHINK strategy, and the parents share positive strategies to handle anger with their children.

Critique

- This program presents an honest, graphic discussion of parental anger from the viewpoint of parents. Parents describe real-life, everyday events common in many households. They admit to feeling out of control, ashamed, confused, and upset by their anger.
- The RETHINK strategy is simple, straightforward, and applicable to a variety of child-rearing situations.
- Both new and experienced parents could learn from this video, especially with the guidance of a parent educator to help them reflect upon their angry feelings as parents and to look back upon their feelings as children.
- Although parents speak throughout the video, there are no scenes of actual parent-child interaction to illustrate the main points. It would be valuable to see parents implementing the RETHINK strategy.
- The format is effective. Linn and her puppet address tough issues with humor and sensitivity.

Summary

Age group: infants; toddlers
Audience: parent educators
Supplemental materials: program guide; parent manuals
Language: English
Length: 25 minutes
Producer: Research Press (© 1992)
To order: 217-352-3273. Price: $200.00 ($12.00 S/H)

Crying... What Can I Do? (Never Shake a Baby)

When babies cry, this program explains, they are communicating their needs in the only way they know how. Yet parents can be pushed to the edge by infant crying. An expert discusses the dangers of shaking babies, including brain damage, blindness, and even death (referred to as Shaken Baby Syndrome). The program shows coping strategies that respond to the baby's needs: feeding, diapering, swaddling, checking for illness, and walking with the baby. Parents are reminded to take care of themselves because babies respond to parental stress. The video counsels parents, if all else fails, to put the baby in a safe place and call someone for help.

Critique

- This is a brief, authoritative presentation on what to do (and what not to do) when a baby cries. The perspectives of both baby and parent are sympathetically acknowledged: babies cry for a reason, but crying can be very irritating and upsetting to parents.
- The coping strategies are presented in a nonjudgmental, straightforward way.
- This video includes parents of various ethnic backgrounds and would appeal to a wide audience.
- The program does not include parents who speak about their own reactions to infant crying, but it could be used to stimulate discussion in a childbirth or parent education class.
- There is only passing mention of the fact that babies have distinct cries to signal different needs and that parents can learn to distinguish them; these points could be explored in discussion.
- This video was produced by SBS (Shaken Baby Syndrome) Prevention Plus as part of a campaign to prevent child abuse. It is approved by the American Academy of Pediatrics.

Summary

Age group: infants; toddlers
Audience: parent educators of adolescents; home viewers
Supplemental materials: none
Language: English; Spanish; closed captioned
Length: 7 minutes
Producer: SBS Prevention Plus (© 1992)
To order: 800-858-5222. Price: $65.00 ($6.50 S/H)

From No to Yes

This video demonstrates how parents can deal with their 2-to-6-year-old children's outbursts without hitting or spanking them. A toddler is shown in the grocery store and at home having tantrums when she can't have her way. At a parent group meeting, the young mother discusses her frustration and confusion about what to do. The other parents share similar stories and offer suggestions. The group leader explains the developmental aspects of a temper tantrum—evidence that a child is separating and developing her own identity. The toddler's mother tries some of the techniques and affirms the importance of nonviolent approaches and avoiding power struggles. Techniques demonstrated include offering choices, anticipating a fuss in advance, using proper scheduling, setting limits, giving praise, being consistent, and "time out." At the end, parents are urged to get help if they find they are resorting to aggression.

Critique

- Both the child's and the parent's perspectives are addressed in this program. It shows that it is normal for young children to want to express their independence, but that it is also normal for parents to feel angry, embarrassed, or frightened by tantrums.
- The format of this video is very engaging and powerful. Parents are the experts and speak about what works and what doesn't. The toddler's mother wants to learn how to be a better parent. The group leader supports and guides the discussion but does not have all the answers.
- This video teaches parents useful techniques and also provides the rationale behind them. Used in a parent group, this program would stimulate discussion.
- A wide audience of parents, including fathers and young parents, would find this video useful and appealing.
- Some parents or parent educators might not agree with the use of "time out" in the video; this topic might need additional discussion after viewing.

Summary

Age group: toddlers
Audience: parent educators
Supplemental materials: none
Language: English
Length: 12 minutes
Producer: AGC Educational Media (© 1995)
To order: 800-323-9084. Price: $295 ($1.00 S/H)

Shaking, Hitting, Spanking: What to Do Instead

Realistic dramatizations of an infant crying in the night and a toddler getting into a kitchen cabinet are presented in this video. In the middle of the night, a single mother tries to comfort her baby but nothing works; when she reaches the edge, she begins to shake and yell at her baby. A father tells his toddler to leave the detergents alone. When he doesn't comply, the father threatens to hit him. The video explains that babies cry because they need something. The parent's task is to help the baby, not necessarily to make the baby stop crying. Reasons are given why shaking, hitting, or spanking are not effective, and alternatives are suggested. Both parents are shown trying positive techniques, such as singing and walking with the baby or giving the toddler pots and pans to play with in the kitchen.

Critique

- The video takes common dilemmas and presents the perspectives of both child and parent in a very sensitive, engaging way. The video makes the point that parents get tired and frustrated and may need to ask others for help.
- The program shows effective ways to meet children's needs without resorting to physical aggression or threats. Suggestions are concrete, practical, and respectful of the child.
- This video is an excellent resource for a parent group; after each situation has been presented, the video can be stopped to allow for discussion.
- The primary solution to the toddler dilemma, child-proofing, is familiar to many viewers. Problems with eating, sleeping, and assertions of autonomy are not addressed. For a parent group, supplemental material about toddlers would be useful.
- The parents and children depicted are of different ethnicities.
- The video should be updated to reflect the recommendation of the American Academy of Pediatrics that full-term, healthy babies be put to sleep on their backs.

Summary

Age group: infants; toddlers
Audience: parent educators; home viewers
Supplemental materials: training manual
Language: English; Spanish; closed captioned
Length: 30 minutes
Producer: Family Development Resources (© 1990)
To order: 800-688-5822. Price: $84.95 ($7.00 S/H)

The Terrific Twos

This program takes viewers into a suburban household where the parents are trying to cope with 2-year-old Cameron. He says "no" in the bathtub and at the dinner table, hits his younger sister, and cries when he can't go to work with his father. His parents feel he's out to get them and is controlling their lives. Child development experts Bernice Weisbourd and T. Berry Brazelton explain that toddlers are learning to do things for themselves and give advice about how parents can support the growth toward independence. In a vignette in the grocery store, Cameron's mother offers him choices, distracts him, and sets limits; Cameron still has a tantrum, and his mother admits how hard it is to stay calm, especially in public. The parents discuss their concerns with Brazelton, and the program concludes with general suggestions for parents of toddlers.

Critique

- Why toddlers act the way they do is explained well. The parents' feelings and frustration are also acknowledged; they are not criticized for getting angry at their son's behavior.
- Much is communicated in a short time. There is an appropriate balance of real life action, narration, and experts' words.
- The experts interviewed in the program are warm, empathetic, and knowledgeable. Although advice is given, they make clear that no approach will work all the time.
- The expedition to the grocery store represents a dose of realism that should be a catalyst for discussion among parents.
- The family featured in the video has a comfortable lifestyle; the mother (in her 20s) stays at home. For parents dealing with economic stresses or other hardships, this family may seem privileged, yet the issues raised about toddler development and behavior are common to different family circumstances.

Summary

Age group: toddlers
Audience: parent educators
Supplemental materials: none
Language: English; Spanish
Length: 15 minutes
Producer: AGC Educational Media (© 1986)
To order: 800-323-9084. Price: $295 ($1.00 S/H)

Hey, What About Me?

This video features 4-to-7-year-old siblings who are learning about being big brothers and sisters. They describe their ambivalence—excited to be a big brother, angry about sharing a bedroom, and "liking my family just the way we are"—and their impressions of the baby—"sticky, messy, interesting" and needing lots of attention. There are songs about feelings, and the siblings show how they cope by telling a friend, pounding on a toy workbench, or asking for a hug. The siblings also say they enjoy the babies and are shown singing bouncing rhymes, playing peek-a-boo, and teaching words. In the end, many things change with a new baby, but much remains the same: the family still goes places, plays together, and has fun. All families featured in the video live in the suburbs, are Caucasian, and have 2-3 children.

Critique

- Older siblings are the experts. They speak honestly about their feelings and are shown in moods ranging from anger and frustration to love.
- This video strikes a balance on a sensitive subject, presenting both the negatives and positives about being a big brother or sister.
- The songs and rhymes are engaging and easy to learn. An accompanying guide includes words to the songs and fun activities for older siblings, such as making a name plaque for the crib or preparing a snack to eat when the baby is fed.
- Throughout the program, there are many examples of older siblings feeling competent and powerful, an important message for young viewers.
- The producers recommend the video for 2-7 year olds. Toddlers will enjoy the scenes of other children, but parents will need to help them understand the message.
- The format and content of the program would appeal to a wide audience. Yet the absence of culturally diverse families and large families with many older siblings limits the video's appeal.

Summary

Age group: children ages 4-7; infants
Audience: home viewers; parents and children together
Supplemental materials: activity guide
Language: English
Length: 30 minutes
Producer: KIDVIDZ (© 1987)
To order: 800-840-8004. Price: $34.90 professional (50 guides); $14.95 family

Those Baby Blues/Oh Baby

This two-tape set is designed to help parents and siblings prepare for the arrival of a new baby in the family. *Those Baby Blues,* aimed at parents, features a mix of families of different ethnicities and with older children ranging in number and in age from toddlers to teens. The siblings vie for their parents' attention, regress, and also help care for the baby, all to illustrate the point that siblings' feelings about a new baby—excitement, jealousy, guilt, rage—need to be acknowledged. Two psychologists offer advice to parents, including making special time for older children, rewarding positive behavior, and helping them see the advantages of being more grown-up. A list of warning signs and recommendations is given, plus national organizations to contact for more information. The companion video for children, *Oh Baby,* features Gus the English Bulldog, who sets out to show his animal friends just how awful new babies can be, then discovers that babies can be fun.

Critique

- *Those Baby Blues* depicts accurately and sensitively the roller coaster of emotions that older siblings feel. Parents, too, describe how surprised and frustrated they are with the changes in their older children. Presenting both the children's and the parents' perspectives demonstrates how complicated the family dynamics are when a new baby arrives. There are many familiar moments throughout, including humorous ones.
- The advice given is sound and emphasizes that parents know their children's personalities; what works for one child may not work for another.
- *Oh Baby* will delight and amuse all audiences. Toddlers will be intrigued by the animals but may not be able to discern the intended message.

Summary

Age group: toddlers; infants
Audience: home viewers; parent and toddler together; parent educators
Supplemental materials: none
Language: English
Length: 30 minutes each
Producer: Skydance Productions (© 1994)
To order: 888-785-2227. Price: $24.95 ($3.00 S/H)

CHILD CARE PROVIDERS

My Kind of Place

Produced by the Greater Minneapolis Daycare Association, this video helps parents identify high-quality child care for infants and toddlers. The parents featured (mostly mothers) need child care because they have careers outside the home. Throughout the program, they talk about factors that helped them make a choice: the home-like appearance of the setting, the professionalism of the provider, a curriculum that allows for exploration, an appreciation for each child as an individual. The program urges parents who are choosing child care to ask questions about things that cannot be observed but that affect quality, such as general philosophy, staff turnover, and discipline. A family day care provider and a day care center teacher talk about how they organize their settings, meet the children's needs, and support the families; they are shown interacting with the children in their care. Other topics are also covered, including staff-parent communication and health and sanitation.

Critique

- This program features parents as the experts on choosing child care. They talk honestly and openly. The message is that parents can make wise choices.
- The ingredients of quality care are described well by the parents and sometimes summarized by a narrator. Viewers will gain insight and information about important factors in child care.
- Scenes in child care settings show babies and toddlers playing with toys, looking at books, eating, being comforted, and playing in water outside. The children and caregivers are relaxed and affectionate. These scenes will help viewers visualize what quality child care looks like.
- Parents can learn from hearing the providers speak about the planning, organization, and thinking that goes into their work. This program challenges the notion that child care is just babysitting.
- This program features a diverse group of parents, children, and providers, including male caregivers.

Summary

Age group: infants; toddlers
Audience: parent educators
Supplemental materials: none
Language: English
Length: 26 minutes
Producer: Greater Minneapolis Day Care Association (© 1992)
To order: 612-341-1177. Price: $60.00 ($9.00 S/H)

Research Methods

The goal of the project was to gather videos for parents of very young children and review them in a systematic way. Since this research effort was the first of its kind, many methods and analytical tools had to be developed. From the initial collection efforts to the design of the review format, each part of the process was an innovation. Although our research addressed parents primarily, the findings should benefit caregivers, parent educators, and other social service professionals.

Market Research

For ten months, between July 1996 and May 1997, a nationwide search of parenting videos was conducted by KIDSNET, the computerized clearinghouse for children's media in Washington, DC. KIDSNET looked for videos produced for parents of very young children, age 3 and under, and educational videos for parents to watch with their toddlers. More than 700 suppliers were contacted, and some 350 videos were received and evaluated.

Since there is no single source for such videos, suppliers were found in a variety of ways. First, national organizations working with The Commonwealth Fund were contacted, such as the American Academy of Pediatrics, the research group Zero to Three, and others. Early childhood development experts at colleges and universities and staff members of advocacy groups and nonprofit agencies were also questioned. Editors of publications such as *Children's Video Report, Parent's Choice,* and the *Child Development Media Catalog* were asked for their recommendations. Other contacts included media associations, individual cable and television networks, and the standard information providers that represent producers, syndicators, and distributors. In addition, lists of favorite videos were provided by social service and educational agencies, including the East Coast Migrant Head Start of Arlington, Virginia, and the Catholic Charities Parenting Program of Washington, DC.

Suppliers were invited to send copies of their products and were informed that the criteria for submission centered on three main points. The videos had to (1) reflect current research and practice, (2) be easily understood by general audiences, and (3) present a diversity of parents, children, situations, and settings. Suppliers also received a data collection form, requesting information on media format (home video, cable, educational non-broadcast), supplemental materials, availability in other languages, cost, and copyright information. Each submission was cataloged and cross-referenced in the database.

Review of Videos and Findings

All video tapes were reviewed by the project's child development consultant, Judy David, Ed.D., of the Families and Work Institute of New York. David is an early childhood educator and teacher trainer in the United States and abroad. Ellen Galinsky, president and cofounder of the Families and Work Institute, also participated in the evaluation process. Galinsky is a well-known expert on child development, public policy, and work and family issues. David and Galinsky collaborated on the book *The Preschool Years.*

As the submissions arrived, the collection began to take shape in a number of ways. First, it became clear that most videos addressed a specific topic in early childhood development, so categories were established in order to group the videos according to subject matter.

Gaps in subject matter became clear over time. There were few titles focusing on parental adjustment after the newborn period, fewer still on individual differences and personality types in children. No tapes were submitted that focused on the role of the father, and none on the role of extended families. Some submissions were packaged programs consisting of a series of tapes that taught techniques for stimulating cognitive development or methods of discipline. These largely ignored the parent's role and relied heavily on a defined approach, and so were considered too prescriptive for a general audience. In some cases, they also required an expert trainer. Another block of submissions were produced for a professional audience and were deemed too theoretical.

Beyond subject matter, the project looked at the audience issue, namely that each tape was originally produced for a specific audience: parents including teens, extended family members, parent educators, child care providers, or social service and educational professionals. This issue came into play when deciding whether a video would be appropriate for a general parent population. For example, some tapes were designed as training courses for child care providers and not directed at parents. Even so, several—such as the titles from the California Department of Education—are of interest to general audiences.

After evaluating all submissions, 55 tapes were selected and reviewed. Each review contains a description of the video's contents, a critique noting unique features and citing shortcomings, and a summary of information about the product, including intended audience, availability in other languages, and any supplemental print materials. The producer or distributor of each tape was asked to review the written description and critique for accuracy. The final collection includes videos produced for commercial television, cable television, home video, educational non-broadcast video, university research projects, and nonprofit research and advocacy groups. To help track relevant information about each tape, KIDSNET developed a matrix, which is included in this guidebook a- *Key Points for Viewers,* beginning on page 61.

As part of the evaluation process, The Commonwealth Fund screened 12 of the selected videos at a meeting held at its New York headquarters in December 1996. The meeting was chaired by Kathryn Taaffe McLearn, assistant vice president of The Commonwealth Fund, with presentations by Ellen Galinsky, president of the Families and Work Institute, and Karen Jaffe, executive director of KIDSNET, as well as Judy David and Peg Kolm, project consultants.

The invited participants included professionals working on The Commonwealth Fund's Healthy Steps for Young Children Program and the Families and Work Institute's Early Childhood Public Engagement Campaign, including child development specialists, funders, project advisors, and video and film producers. All related print materials were provided to participants, including the reviews, matrix, and database information. A brief excerpt from each video was shown, followed by a discussion of its strengths and shortcomings. Participants critiqued each video and made recommendations regarding the written materials.

One outcome of the meeting was a mandate to look for more videos on certain subjects, namely parental adjustment, infant brain stimulation, and early relationships. Consequently, more research uncovered videos in those subject areas.

Treatment Principles

Another outcome of the December meeting was a consensus about what makes a quality video for a general population of parents and parent support professionals. Beyond the previously defined criteria (accuracy, accessibility, and diversity), the Families and Work Institute proposed guidelines for evaluating each video. The guidelines state that the treatment of material should be appropriate, respectful, and engaging.

The treatment principles, as agreed upon by participants at the meeting, are as follows:

- Parents' voices are heard. The emphasis is on the competence of parents, who speak about their concerns in a compelling way.
- The child's perspective is presented, enabling the viewer to understand issues from the child's point of view.
- Explanations are demonstrated, not just spoken. Parents are shown solving problems and handling everyday child-rearing issues skillfully.
- The competencies and capacities of young children—what they know and how they grow and learn—are emphasized.
- Each child's unique personality and rate of development are valued.
- Parents are shown communicating with their children and fostering cognitive

growth through everyday interactions. No special materials or expensive toys are required.

- Child care is shown as a continuum from parent care to out-of-home care.
- Natural settings and real-life situations make the content more meaningful.

The project's treatment principles should become a useful guide to those producing new videos or other educational media for parents and professionals. Our success in finding recommended titles from every part of the video market, from individual research projects to large commercial distributors, suggests that there is a consensus about the need for quality resources for parents and an ongoing effort to fill that need.

1 2 3

Key Points for Viewers

Key Points for Viewers

Abbreviations

Primary Audience
H.V. = Home Viewers
P.Ed. = Parent Educators
P/T Tog. = Parents/Toddlers Together

Supplemental Materials
Parent = Parent Guide/Manual
Trainer = Trainer Guide/Manual

Language
Eng. = English
Span. = Spanish

	Age Group		Audience			Supp. Mat.		Language		
	Infant	Toddler	H.V.	P. Ed.	P/T Tog.	Parent	Trainer	Eng.	Span.	C.C.
Understanding and Encouraging Healthy Development										
A Baby's World										
Vol. 1. A Whole New World	✔		✔					✔		
Vol. 2. The Language of Being		✔	✔					✔		
Vol. 3. Reason and Relationships		✔	✔					✔		
Child Development: The First Two Years	✔	✔	✔					✔		
The First Years Last Forever	✔	✔	✔	✔		✔		✔	✔	
*Flexible, Fearful, or Feisty: The Different Temperaments of Infants and Toddlers**	✔	✔		✔			✔	✔	✔	✔
Smart Start: Look Who's Talking										
Vol. 1. 0–11 Months	✔			✔				✔	✔	
Vol. 2. 12–33 Months		✔		✔				✔	✔	
Vol. 3. 2–3 Years		✔		✔				✔	✔	
Ten Things Every Child Needs	✔	✔	✔	✔		✔	✔	✔		
Touchpoints with Dr. T. Berry Brazelton										
Vol. 1. Pregnancy, Birth and the First Weeks of Life	✔		✔	✔				✔		
Vol. 2. First Month Through First Year	✔		✔	✔				✔		
Vol. 3. One Year Through Toddlerhood		✔	✔	✔				✔		
Your Baby: A Video Guide to Care and Understanding with Penelope Leach	✔		✔	✔				✔		
Your Child's Brain	✔	✔	✔	✔				✔		
Newborn Care										
Baby Basics	✔		✔			✔		✔	✔	
Bath Time	✔		✔	✔		✔	✔	✔	✔	
Home Before You Know It	✔		✔	✔				✔	✔	
Your Newborn Baby	✔		✔					✔		
Early Relationships										
Bonding with Your Baby	✔			✔		✔	✔	✔		
Calming the Baby	✔		✔	✔		✔	✔	✔	✔	
Day One: A Positive Beginning for Parents and Their Infants	✔		✔	✔				✔		
The Gift of Baby Massage	✔		✔					✔		

* Also available in Chinese

© 1998 KIDSNET

63

	Age Group		Audience			Supp. Mat.		Language		
	Infant	Toddler	H.V.	P. Ed.	P/T Tog.	Parent	Trainer	Eng.	Span.	C.C.
Communication, Learning, and Play										
The Dance of Communication: Nonverbal Communication	✔	✔		✔		✔	✔	✔		
*Discoveries of Infancy: Cognitive Development and Learning**	✔	✔		✔			✔	✔	✔	✔
From the Crib to the Classroom	✔	✔		✔				✔		
Mother-Infant Communication										
Vol. 1. Talking to Babies	✔			✔		✔	✔	✔		
Vol. 2. Talking to Toddlers		✔		✔		✔	✔	✔		
Play Time	✔		✔	✔		✔	✔	✔	✔	
Read To Me! Sharing Books with Young Children	✔	✔		✔		✔	✔	✔		✔
See How They Move	✔	✔		✔				✔		
Smarter Than You Think	✔	✔		✔				✔		
Immunizations and Medical Care										
Before It's Too Late, Vaccinate	✔	✔	✔	✔				✔	✔	✔
Mister Rogers' Neighborhood: The Doctor, Your Friend		✔	✔		✔			✔		✔
Well Baby Check Ups: From Infant to Tot	✔	✔	✔	✔				✔		
When Your Baby Is Sick	✔	✔	✔	✔		✔	✔	✔	✔	
Home Safety and First Aid										
Infant and Toddler Emergency First Aid										
Vol. 1. Accidents	✔	✔	✔					✔		
Vol. 2. Illness	✔	✔	✔					✔		
Safe and Sound	✔	✔	✔	✔		✔	✔	✔	✔	
Feeding and Nutrition										
Baby Bottle Tooth Decay	✔	✔		✔				✔	✔	
Breastfeeding: The Art of Mothering	✔		✔	✔		✔		✔		
Feeding a Toddler: Lily Gets Her Money's Worth	✔	✔		✔				✔	✔	
First Foods: Lily Feeds Her Baby	✔			✔				✔	✔	
Adjusting to Parenthood										
Hello Parents	✔		✔	✔				✔		
Your New Baby/Your New Life	✔			✔				✔		
Discipline and Coping										
Anger Management for Parents	✔	✔		✔		✔	✔	✔		
Crying...What Can I Do? (Never Shake A Baby)	✔		✔	✔				✔	✔	✔
From No To Yes		✔		✔				✔		
Shaking, Hitting, Spanking: What to Do Instead	✔	✔	✔	✔			✔	✔	✔	✔
The Terrific Twos		✔		✔				✔	✔	
Relationships with Siblings										
Hey, What About Me?	✔	✔	✔		✔	✔		✔		
Those Baby Blues/Oh Baby		✔	✔	✔	✔			✔		
Child Care Providers										
My Kind of Place	✔	✔		✔				✔		

© 1998 KIDSNET

KID NET

Families and Work Institute

BEST COPY AVAILABLE